

Senior Center News

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June – National Safety Awareness Month

Observed annually in June, National Safety Awareness Month focuses on reducing leading causes of injury and death at work, on the roads and in our homes and communities. During the month of June, the Senior Center offered a variety of safety themed talks led by different individuals in the community and surrounding area. On June 6th, Investigator Graham Staley discussed home safety and scams. A reoccurring question during this talk was IRS fraud calls many people have received. Investigator Staley reassured participants the IRS will never call you regarding a claim, documents will always be mailed. On June 13th, Emergency Management Coordinator Barry Lynch discussed fire safety with our participants. After a brief discussion, participants were shown how to properly use a fire extinguisher. On June 21st, EMS Director Brad Jordan introduced the Vial of Life program to participants. Many people find themselves in emergency situations, making it difficult to think straight. It is during these times that medical personnel who are trying to help you need to know many things about you. The Vial of Life is a smart way to have your medical information on hand just in case of an emergency. Seniors need this because of their constant medical changes and medications. The final talk was June 28th – Carrie Hendrick from Averett University’s Athletic Training program discussed fall prevention. She showed participants ways to safely move about their homes as well as ways to improve their balance.



Newsletter Editor:
Paula P. Seamster

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Veterans Service Officer Wanda Jones

Ms. Wanda Jones, a Veterans Service Officer with the VA, will now be housed in the Senior Center. She will be available twice a month to meet with local Veterans – the first Tuesday and fourth Wednesday of each month from 11 am to 1 pm.

Movie Afternoons at the Senior Center

Each month, the Senior Center hosts a movie afternoon with drinks and popcorn for all local seniors. July's feature presentation is *The Sandlot*. It's the early 1960s and fifth-grader Scotty Smalls has moved into town with his folks. Kids call him a dork—he can't even throw a baseball! But that changes when the leader of the neighborhood gang recruits him to play on the nearby Sandlot field. It's the beginning of a magical summer of baseball, wild adventures, first kisses, and fearsome confrontations with the dreaded beast and its owner who live behind the left field fence. Soon nine boys have become best friends, Scotty is part of a team, and their leader has become a local legend in this hilarious and warmhearted comedy. The movie will be shown on Monday, July 25 at 1:15 pm in the day room of the Senior Center. All future movie dates and titles will be released in monthly newsletters published by the Senior Center.

Grandparents Raising Grandkids Back to School Program

In preparation for students returning to school, during the months of July and August we will begin collecting school supplies for our Grandparents Raising Grandkids Back to School Program. These school supplies will go to local students being raised by their grandparents. Many of these families are raising children with just their social security check. We are asking you to help us ease the burden on these families and start the school year off right for the children. We are asking for: *pencils, pens, highlighters, erasers, crayons, colored pencils, markers, rulers, scissors, glue sticks, pencil cases, protractors, scientific calculators, USB drives, wide and college ruled paper, 1, 3, and 5 subject notebooks, 1"-2" binders, composition books, folders, dividers, planners, hand sanitizer, tissues, and backpacks*. This would be a great project for churches or local Ruritan clubs. Any donations are greatly appreciated!

~Submitted by Katey Briggs

Employee News

What happened in my life May & June you ask?
Well...

My G'baby Jordan turned 1 year old:



My Lil Man Jared graduated from middle school:

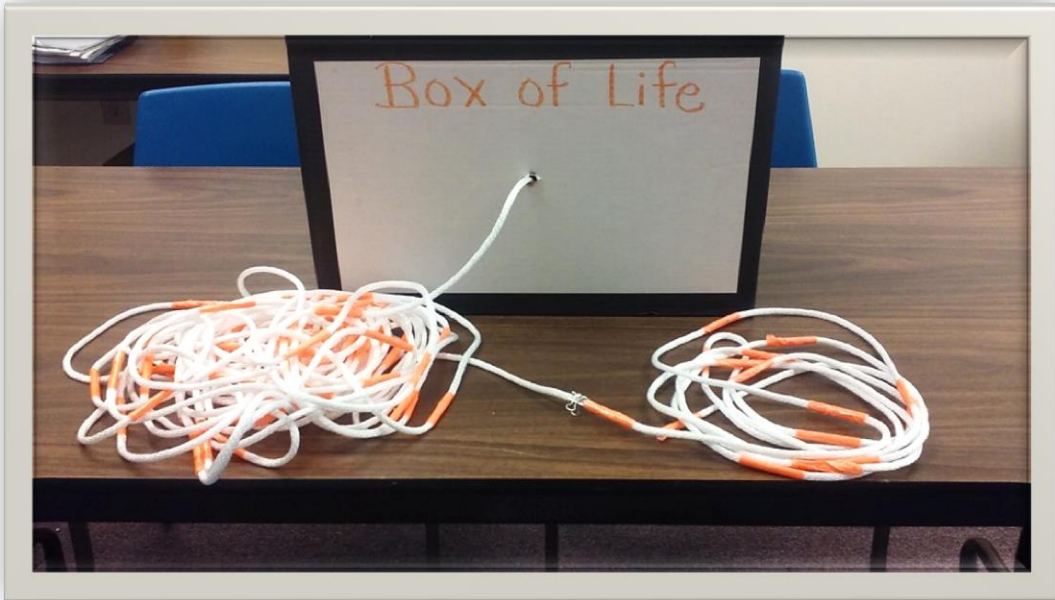


And my G'Man Jadian
turned 8 years old:



Submitted by:
Tonya Pegg

Submitted by: Tonya Pegg



In Life Skills class the youth drew out a foot of rope per year for their age. (Picture shows 15 years old) We used the average age span of 85 years. I explained that what they do in these 15 years, the small pile, can and will affect the remaining 70 years, the large pile. Things such as any arrest record but especially drug and/or sex offender convictions could destroy their need for getting a job, furthering their education and/or renting a home.



Habitat for Humanity of Alamance County will build one house in Caswell County in 2016. Interested parties should visit www.habitatalamance.org and download the application. Submit applications and supporting documentation on or before Friday, July 15. Call Robin Wintringham at 336-222-8191 with any questions.

With bitter-sweet joy, we will say “good-bye” to Frank Huffman in his green uniform and looking forward to seeing him in his everyday outfit. Frank will be headed home July 13th (Who says the 13th is unlucky?) He has been a huge assistance to the Maintenance Department and a big help to all the county departments. We wish him the best of the future and hope to see him around!



My Teen is going to be home alone this summer. What should I do?

By [Denise Witmer](#)⁴

Answer:

Start by breaking down the [summer](#) and finding things for your teen to do in pieces. Look for summer day camps to take a week off of alone time. Are there relatives that your teen can visit for a week? Does anyone in your neighborhood need a babysitter during the day for older kids a couple of days each week? Look for [volunteer opportunities](#) in local hospitals or libraries where your teen can help with younger children's programs.

Take 'alone time' off the summer calendar as much as you can for your teen.

Next, call around to your teen's friends parents and see what they will be doing this summer. Put your heads together and do some creative thinking about what your teens can do around the house. You can pay your teen and a friend to clean out the garage, and then the next day go clean the garage at the friend's house - getting paid by the friend's parents, of course.

The more you find for your teen to do on a daily or weekly basis, the more active he will be and the less you will have to worry.

Tips for Parents: Letting Your Teen Stay Home

Preparing Your Kid to Be Home Alone

By [Denise Witmer](#)

Updated April 25, 2016

When is my child ready to stay home alone? It is one of the most difficult decisions for parents to make, especially as they enter those preteen years.

If your kid is too old for daycare, then you need to look at your options:

Do you need to find someone to watch your kid after school or during the summer? A school mate's parents, a relative or a neighbor are all possibilities.

Are there after school programs available? Some schools and recreation centers provide options for parents with kids that are in the preteen age group.

Is it time to start allowing your kid to stay at home alone? This is the big question and the answer is not easy! When you do feel it is okay to at least try and let your kid stay home alone, there are a few things you should do to keep them on track and put your mind at ease.

The Routine

[Establish a routine](#) and write it down. Set a time to get up, a time to have breakfast, a chore to be completed, etc. Perhaps some [reading](#) before television or letter writing to pen pals or grandparents can be added. Sit down together and brainstorm a list of things and then make it a part of the routine. A healthy routine will become a habit. It promotes a good attitude and keeps your teen active.

It is all too easy to fall into an unhealthy routine. [Sleeping](#) half the day during summer break or playing video games immediately after school are common. It is what they may *want* to do, but it may not be the best. By coming to a consensus, writing down the routine and checking up on your teen, they will follow it and be a much nicer person to come home to.

Expectations and Rules

Make your [expectations and the rules clear](#). Set up rewards and consequences for following and not following the rules. Be sure to be fair and firm with the rules and let your teen have a say.

What To Do If...

Possibly the worst part of letting your child stay home are the "what if" fears. *What if* they get hurt? *What if* someone comes to the door? Role play these situations with your teen so they know how to handle them. Run through each situation the right way and the wrong way. Have your teen tell you why the wrong way was wrong. This will help both of you communicate clearly about what is expected in each situation.

Personal Calls at Work

Inform your workplace that your child will be "calling in." While personal calls may be frowned on, your parenting [responsibilities](#) need to take priority. You and your teen will feel more comfortable if you establish a call time. Most employers will be understanding of this.

The Backup Plan

Have a backup plan available if things should go awry. It may be temporary or it may mean that your teen isn't ready to stay home alone quite yet. Either way, you will worry less if you have an alternative waiting for you in the wings.

If your teen gets sick or is unable to handle a whole day alone, perhaps having him go to an afternoon camp or to a friend's house is a better idea for now.

You could also have a relative or neighbor check on them to make sure things are okay.



During the Middle School *Motivation Formula* class both students named their Mama as their biggest reason to do better. Since it was the week before Mother's Day, they made their Moms a bracelet similar to this one. They filled out their own card and "wrapped" their gift.

High School Managing Stress Class...

Grab a plate and throw it on the ground.

-Okay, done.

Did it break?

-Yes.

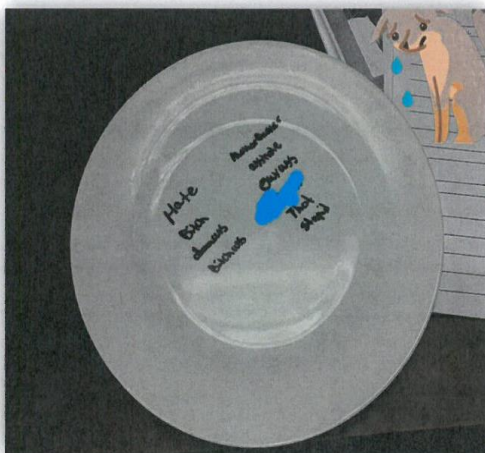
Now say sorry to it.

-Sorry.

Did it go back to the way it was before?

-No.

Do you understand?



Submitted by: Tonya Pegg

Gunn Memorial Public Library Events July - Sept 2016



Library and School work together to encourage reading over the summer!

The library is excited to work with the Caswell County School System to encourage reading over the summer. The school will be bringing children enrolled in Summer Reading Camp to the library's Summer Reading Programs throughout the month of July. All of the library's Summer Reading Programs are free and open to the public! In addition to the awesome weekly programs, children get a small incentive for reading 15 mins per day!



We Need Reading Incentive Prizes!!!!

Caswell County has a large number of children attending the weekly programs and participating in the weekly reading logs with incentives! If a child reads for 15 mins per day, they bring their reading log into the library for a stamp and a small reading prize! To ensure that all of the children are able to get a weekly prize for reading over the summer, we need more prizes! If you have any gently used small toys, beany babies, unused coloring books, stickers, matchbox cars, or more, we would greatly appreciate it if you would consider donating them to the library for summer reading prizes! (And we'll even give you a tax receipt!) (Larger prizes for weekly raffles at the programs are also welcomed!) Help encourage a child to continue reading over the summer and stay on track for the upcoming school year!!!

Summer Reading Programs:



Thursday, July 7, 2016 Fish The Magish

Fish the Magish will bedazzle young and old by wonderful storytelling & mind-bending magic.

Thursday, July 14, 2016 Fred Motley

10:00 @ Civic Center

Enjoy interactive stories with this exceptionally talented local storyteller.



Thursday, July 21, 2016 Allan Wolf

10:00am @ Civic Center

Allan Wolf will be joining us to perform 'Poetry Palooza', a live high-energy literary experience!



Thursday, July 28th, 2016 Crossing the Finish Line!!!!

10:00am – 2:00pm at the library

Join us for games, fun and food!

Everyone gets a certificate and gold medal!



Submitted by: Rhonda Griffin

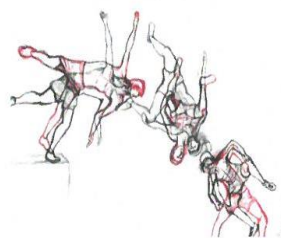


STEM Week at the library:

The Science of Sports
Tuesday, August 2, 2016
10:00 am – 1:00 pm at the library!

Call to register – 336-694-6241

This is a workshop designed to introduce rising 3rd-5th graders to the scientific principles of Friction, Balance, Reaction, and Accuracy and the effect these principles have on sports!



Institute for Advanced Learning and Research STEM Mobile Learning Lab!

Wednesday August 3rd at the library (45 min sessions)

Space is Limited, Registration is required – 336-694-6241

Pre-K – 2nd grade 9:30 or 10:15

3rd – 5th grade 11:00 or 1:00

6th – 8th grade 2:00pm

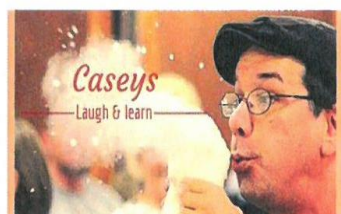
9th – 12th grade 3:00pm



Thursday, August 4th Casey's Laugh & Learn

Rising 1st – 3rd grade 10:00am at the library

This is a hands on workshop using recycled materials! Registration is required!



Tween Empowerment

Tuesday July 12, 2016 from 1:00 – 3:00pm

Girls ages 7 – 12 years old will learn to love and appreciate themselves through confidence building lessons, games, and activities. Call to register
Sponsored by Kensley Frederickson, 4-H



Summer Reading Essay Contest (4th – 6th graders)

Winners will receive prizes!!! Submissions are due no later than 5:00 Friday, July 22nd, 2016! Call or stop by the library for contest guidelines

POP Program (Caswell Foods Council) & Movie Day (Soul Surfer) July 15th at 2:00 pm

Power of Produce provided by Caswell County Local Foods Council and Caswell Farmers Market. POP encourages kids to overcome picky eating, try new foods, and choose healthy food options!

Submitted by: Rhonda Griffin

Happy Birthday !!

EMPLOYEE	DEPARTMENT	BIRTHDATE
		JULY
Marcy Williams	Health Department	1
Pamela Baggerly	911 Communications	5
Ava Brackin	Register of Deeds	6
Jennifer Hamamock	Register of Deeds	6
Lauren Hudson	DSS	6
Beth Jones	Health Department	7
Rhonda Pleasant	Health Department	8
Dianne Moorefield	DSS	9
Cheryl Huskey	Health Department	10
David Drumheller	EMS	15
James Yarbrough	EMS	17
Melissa Poole	Sheriff Department	18
Ginny Renkiewicz	EMS	20
AD Rainey	Detention Center	21
Michael Thompson	911 Communications	22
Mike Reaves	911 Communications	27
Angela Benson	DSS	28
		AUGUST
Michael Adkins	Sheriff Department	1
Dr. Fred Moore	Health Department	1
Kent Williamson	Commissioner	1
Perry Caudill	EMS	2
Donnie Powell	Environmental Health	2
Keith Fuqua	Landfill	3
Lanning Honeycutt	EMS	5
Angy Turner	Section 8 Housing	8
Calvin Connally	Maintenance	13
Charlie King	Farmer Lake	13
Bria Wilson	Sheriff Department	14
Lindsay Barton	DSS	14
Eric Barnhardt	Farmer Lake	15
Lea Walters	CATS	19
Lisa Barnett	DSS	22
Tammy Paschal	DSS	23
Tonya Pegg	JCPC	23
Paula Seamster	Administration	24
Rick Mishue	Sheriff Department	25
Keyon Robinson	Detention Center	25
Mitch Thompson	Soil & Water	27
Jeremiah Jefferies	Commissioner	28
Terry Walker	Farmer Lake	28
Vincent Corbett	Sheriff Department	30
Kamara Graves	JCPC	30
Kayre Watson	DSS	27
		SEPTEMBER
Brian Shuler	Sheriff Department	4
June Dailey	Tax Department	4
Darrell McLean	School Resource Officer	6
Judy Humphries	Detention Center	7
Shannon Tickle	Health Department	7
Jonathan Elixson	911 Communications	8
Larry Hamlett	Commissioner	8
James Rowell	Sheriff Department	8
Bernardo Wiley	DSS	8
Mary Harrelson	DSS	10
Portia Washington	Health Department	10
Babby Wiley	Health Department	10
Alexandria Rimmer	Health Department	12
Karen Pichardo	Detention Center	15
Angela Wilson	Administration	15
Spencer Rivers	EMS	16
April McKinney	Health Department	17
Cody Redden	Sheriff Department	17
Ashley Collins	DSS	19
Joshua Kylander	Sheriff Department	20
James Barrick	EMS	21
Teresa Roberts	Family Services	22
Dustin Smithy	Animal Control	23
Ginny Mitchell	Register of Deeds	23
John Loftis	Sheriff Department	24
Sonya Patterson	Cooperative Extension	24
Jackie Little	Sheriff Department	26
Vicki Futch	Health Department	26
Lewis Radford	Library	28
Sherry Ramsey	Cooperative Extension	28
Stephanie Luck	Detention Center	29
Tammy Butler	DSS	30

Teen Programs:

June – July = Teen Bingo!

Pick up a Bingo Sheet, complete tasks in the boxes, once you get bingo, you get a prize!

Example:

Read a Book based on a True Story	Like us on Facebook	Read a Scary book	Suggest a Teen Program
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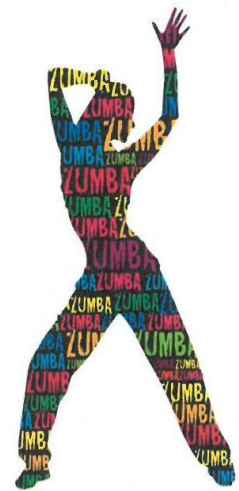
Adult Programs:

July 18th – Adult Writing workshop 5:30 – 7:30

July 7, 14, & 21 – Zumba & Reading! 11:15 am

August 20th 11:00 – 12:00 Extreme Couponing

Sept 19th – Writing Workshop 5:00 – 7:00pm



Book Club

The Book Club meets the 2nd Monday of each month. Call Rebecca Foster to find out what book is being read and to pick up a copy! 336-694-6241

Book-A-Librarian

The Caswell County Public Library is proud to continue to provide one-on-one assistance for job searches, resumes, and cover letters. A grant via the State Library has allowed the library to hire three temporary part-time employees to help people at the library with career questions and concerns. In addition, the program provided a successful job fair at the library that helped more than 25 people looking for employment! If you are interested in one-on-one job seeking assistance, just call 336-694-6241 and ask to "Book-A-Librarian".

Submitted by: Rhonda Griffin

Upcoming Events

Caswell County Board of Commissioners Meetings

Tuesday, July 5th – Regular Meeting – Cancelled

Monday, July 18th – Regular Meeting

Monday, August 1st & 15th – Regular Meeting

Monday, September 3rd & 17th Regular Meeting

Caswell County Hoedown

Saturday, September 17th

Preserving the Past. . .



Embracing the Future

Newsletter Staff

Katey Briggs, Senior Center
Rose Farmer, Finance Department
Sharon Hendricks, Health Department
Sherry Ramsey, Cooperative Extension
Mindy Satterfield, Human Resources

Calvin Connally, Maintenance
Rhonda Griffin, Library
Tonya Pegg, Youth Outreach
Paula Seamster, Administration
Melissa Williamson, CATS

Yvette Williams, Social Services

Caswell County Home Health is excited to have Valerie Cooper, OT joined the home health team. Valerie is an Occupational therapy in the home health setting emphasizes maximizing a person's independence with activities of daily living like bathing, dressing, and meal preparation and addresses arm and hand strength and fine motor control. Caswell County now has a robust rehab team consisting of a full time physical therapist, a full time physical therapist assistant, a part time physical therapist and an occupational therapist. The addition of an occupational therapist to the team allows us to provide additional necessary service to homebound Caswell County citizens. We welcome Valerie to our team!

Submitted by: Sharon Hendricks